

GET THE MEANING READING: MAIN POINTS

*Students practice reading comprehension and
finding the main point of a paragraph*

Zone In

Question of the Week

1. Tell students they will present either a YES or NO to the question. They have 2 minutes to put together their arguments. They will have 1 minute to present.
2. Question: *Is advanced technology making life easier or more complicated?*
3. Group divides into YES and NO sides, or assign. Each group chooses a Speaker.
4. Time 2 minutes. Each side's Speaker presents for 1 minute.
5. Ask for show of hands—YES, NO.

Topic

Get the meaning from reading
(Materials: **Coping With Stress ♦♦**)

Introduction

When you have a reading to do, start by thinking about the topic a bit before getting into the reading. This reading is about stress.

Ask: Did anyone ever ask you for advice about stress? (*Allow students to answer yes or no.*)

Tell students: This reading is about different ways to deal with stress.

Activity

Distribute **Coping With Stress ♦♦♦**.

Explain: The headings for each paragraph are missing. Headings in articles show the main idea of the paragraph or lead into the paragraph. Skimming headings is a good way to get an idea of what an article is about.

Tell students: Read the article. Then look at the headings list, pick the best heading, and write it above the paragraph.

Students exchange papers to look at each other's responses.

Discuss answers.

- | | | |
|--------------------------------|--|---------------------------------------|
| 1. (E) Organize and prioritize | 2. (H) Don't procrastinate (put things off) | |
| 3. (B) Look after yourself | 4. (I) Breathe! | 5. (D) Remember to have fun |
| 6. (J) Stay positive | 7. (A) Stop worrying about things you can't change | |
| 8. (F) Try new things | 9. (C) Communicate | 10. (G) Take charge and be pro-active |

Wrap Up

Discuss: Which advice do you think is best? What advice might you give a friend?



COPING WITH STRESS

Match the Headings

Look at the following headings. Then read the article below. Select which heading goes with which paragraph in the reading. Write the heading in the space above the paragraph.

- | | |
|--|----------------------------------|
| A) Stop worrying about things you can't change | F) Don't put things off |
| B) Look after yourself | G) Take charge and be pro-active |
| C) Communicate | H) Don't procrastinate |
| D) Remember to have fun | I) Breathe! |
| E) Organize and prioritize | J) Stay positive |

Stress can sometimes be a good thing because it gives you the motivation to do your best. However, it can be harmful to your mind and body. If stress continues for too long, it can cause sleeplessness, nervousness, mood swings, depression, and sickness. Here are 10 ways to deal with excess stress.

1. _____

By doing this you will feel in control and decide which things are more urgent and important. Feeling prepared can get rid of a lot of stress. Much stress is caused by doing things when there isn't enough time to do them, e.g. reviewing everything you have learned the night before a test.

2. _____

Instead of worrying about doing something or avoiding it because you are scared of doing it (in case you fail)—just do it! The sooner you take action, the more time you will have if anything goes wrong.

3. _____

Keeping your body healthy reduces stress. Cut down on too much caffeine and sweet things. Make sure you get enough sleep and vitamin C.

4. _____

Deep breathing works because getting more oxygen into your body relaxes you. You can either take up yoga or simply try breathing in deeply through your nose then exhaling through your mouth, and then repeat it ten times.

5. _____

Doing something you really enjoy means you get a chance to take a break and 'recharge your batteries'. People who don't do this feel depressed and then their problems seem bigger and they can no longer put them into perspective.

6. _____

If you think negatively, stress can take over, but if you keep reminding yourself that you can cope and that you know what you are doing, stress often goes away.

7. _____

You can't change them so why worry? Work on the things you can do something about.

8. _____

Find out about new things: two clichés that people often quote are 'variety is the spice of life' and 'a change is as good as a rest'. The good news is that they are both true. Realizing that the world holds a lot more possibilities than the things you generally focus on can make you forget your problems.

9. _____

Telling people about your problems can often help. This way you will feel less isolated. You should also tell people such as teachers, boyfriends/girlfriends, or parents how stressed you feel about certain things. Once they realize how you feel they might be able to help, e.g. proving to parents that you are adult and mature rather than shouting at them during an argument often helps.

10. _____

Find a place where you have space to think, rest, and generally chill out. You should also use this space to write down some possible solutions to the things that are stressing you. Then write down possible ways you can do those things. Attacking the problem is better than waiting for it to just go away.